



**AMENDMENTS TO THE CLAIMS**

**Please amend the Claims as follows:**

**Claims 1-7 (cancelled).**

**Claim 8 (new): An adjustable exercise bicycle, comprising:**

**(a) a frame, including a cross-bar, said frame supporting and attached to a seat, handlebars and a working wheel, also comprising pedals rotatably attached to said frame and operatively connected to said working wheel;**

**(b) an adjustable friction piece mechanically in contact with said working wheel;**

**(c) a tensioning and quick-brake and disengagement means comprising:**

- (1) a friction adjusting shaft having a threaded portion with a top end slidably connected to said frame and a lower end attached to said friction piece;**
- (2) a friction tightening nut adapted to receive the threaded portion of said adjusting shaft wherein said nut may slide up and down with said shaft but will not rotate;**
- (3) a perimeter means to prevent the rotation of said nut;**
- (4) a flange located above said nut;**
- (5) a friction adjusting spring located around said shaft and between said nut and flange, wherein said nut and spring allow said spring to be tightened.**